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Current status of membership benefits

One of the benefits for members of EuroFIR AISBL is access to food information from more than 25, mainly European, food composition databases, which is possible through the EuroFIR eSearch facility. In 2011, food composition data from Canada and Australia was uploaded to the eSearch facility for the first time, after these countries joined the Association as members. For more information on the eSearch facility and to gain free trial access, please go to www.eurofir.org.

FoodCASE License
We are very pleased to announce that EuroFIR AISBL has recently signed a 3-year licensing agreement with ETH Zurich for the use of FoodCASE for our full members. A copy of the agreement was posted on the members pages of the website; so please consult this for more details. It should be noted that we have set aside funds in the EuroFIR Nexus project to support the service and maintenance for four countries by Karl Presser (via Presser GmbH, Switzerland) up to 31/3/13. Currently, we have three countries testing the system (The Netherlands, Portugal and UK) and a possibly fourth country interested in getting started (Slovenia). Some of the testing and implementation is taking part under the EFSA project so these results and future recommendations will be made available to all Members. All requests for more information and questions should be addressed to Paul Finglas: pf@eurofir.org and paul.finglas@ifr.ac.uk

Stop Press
At the recent General Assembly Meeting in Brussels, three new directors were elected to EuroFIR AISBL’s Board: Maria Glibetic (IMR, Serbia), Prof Barbara Koroušič Seljak (JSI, Slovenia) and Dr Aida Turrini (INRAN, Italy) to replace three directors who stepped down (Dr Maria Antonia Calhau, Dr George Chryssochoidis, Dr Peter Hollman).

The Board is now formed by:
Maria Glibetic, Assoc Prof Barbara Koroušič Seljak, Dr Aida Turrini, Dr Anna Karin Lindroos and Heikki Pakkala.

In addition, Paul Finglas (IFR) and Heikki Pakkala (THL) have been elected as Chairperson and vice-Chair, respectively. Full details of the minutes will be available on the members pages of the website.

Dr Siân Astley joined the EuroFIR AISBL team on 1st April as Communication and Training Manager, working mainly on the TDS-Exposure project.

Mrs Maria Dolores Poggi is now also official part of the team, acting Office Manager together with Mrs Menouch Solimani.

Further relevant documents and final meeting minutes will be available on the members pages of the EuroFIR website.

The President’s corner

Dear Member,

EuroFIR AISBL continues its journey and has strengthened its role as the European food information provider of choice. Our Association becomes more and more involved in relevant European projects and this is only possible because of your continued support, assisted by our office in Brussels. A big “Thanks” to all of you.

As time goes by and like in all teams, changes occur within the EuroFIR AISBL family. New members join, current members move on to new challenges. This year we will see one or more new or known faces in new positions within the Association, and one vacancy needs to be filled in the Executive Board. After six years in the food comp world I will move on – or back – to my first academic love: Sports nutrition. When you read these lines, I will be coaching national elite athletes and assisting them in their journey towards optimal sports performance.

I am very happy to have met you, sorry to say good-bye, and happy to meet again some day in the future!

Paolo Colombani
Chairperson until March 2012
02: Projects

EuroFIR AISBL is partner in six EC funded projects since in 2010, 2011, 2012 and probably two more starting in 2013. The project’s themes cover EuroFIR-related areas of expertise such as non-nutritive nutrients with putative health benefits, food information and food traceability as well as how to support dietitians in their daily work, Total Diet Studies and product reformulation with focus on sensorial aspects.

EuroFIR NEXUS

We are approaching the mid-point of the project and busy preparing the periodic report for the first year. This is a busy time for Dawn and I so assistance from all beneficiaries and 3rd parties is greatly appreciated! Overall, progress has been good based on the limited available budget, and generally in line with our expectations in the Description of Work, but there have been a few challenges to overcome.

Notably, Dr Paolo Colombani (ETH) has left the project to take up a new research post in sports nutrition and we wish him all the very best in his new position. Paolo has also stepped down as Chairperson of EuroFIR AISBL. Karl Presser (ETH) has been leading the work on FoodCASE in Nexus and this will continue outside the project through the new EFSA (see below) and EU FP7 TDS projects. The food composition activity undertaken by SwissFIR will move from ETH to Swiss Nutrition Society in 2012.

We are very pleased to announce that Heikki Pakkala (THL), supported by Assoc Prof Barbara Koroušic Seljak (EuroFIR AISBL [JSI]), took over the leadership of WP2 and this will enable the most effective coordination of the ongoing development of eSearch and EuroFIR AISBL’s overall IT infrastructure. Both Barbara and Heikki are members of the AISBL Board.

EuroFIR Compiler Network

The CN is recognised as an important network for compilers linked with EuroFIR and also represents an important starting point for new compilers joining the network, who are not familiar with food composition data activities and/or starting implement a national food composition database. We are very pleased to announce that from 1st April 2012 Heli Reinivuo from THL supported by EuroFIR Nexus will become the Compiler Network Coordinator “To promote, support and develop collaboration among the national food database compilers in EuroFIR AISBL to ensure food composition data and supporting information meets needs of key users and stakeholders in Europe”. There is a password-restricted area for CN members on the EuroFIR website now, where compilers have access to, once you are logged in: www.eurofir.org/content/compiler_network

Compilers and their teams are encouraged to use the EuroFIR Forums for discussions relevant for their compiler activities, e.g. component thesaurus and methods of analysis: www.eurofir.eu/forum
For EuroFIR Nexus documents, please visit the web for Nexus project partners: www.eurofir.org/content/eurofir_nexus

Heli Reinivuo, heli.reinivuo@thl.fi

PLEASURE - novel processing approaches for the development of food products low in fat, salt and sugar reduced - started: January 2012

PLEASURE is a 3-years FP7 funded project, involving 16 partners and led by biozoon Food Innovations GmbH. This will be the first EC research project addressing the challenges with producing food low in fat (saturated and trans-fatty acids), salt and sugar from the processing side. The idea is to identify and further develop (novel) processes and processing technologies, which on the one hand allow the reduction of the unwanted fat (saturated and trans-fatty acids), salt and sugar (mono- and disaccharides) but also being aware to avoid or at least reduce the use of replacers like sweeteners by achieving an optimised sensorial perception of the sugars, salts and fats present in the products. EuroFIR AISBL provides official national food composition data and supporting information meets needs of key users and stakeholders in Europe. There is a password-restricted area for CN members on the EuroFIR website now, where compilers have access to, once you are logged in: www.eurofir.org/content/compiler_network

Compilers and their teams are encouraged to use the EuroFIR Forums for discussions relevant for their compiler activities, e.g. component thesaurus and methods of analysis: www.eurofir.eu/forum
For EuroFIR Nexus documents, please visit the web for Nexus project partners: www.eurofir.org/content/eurofir_nexus

Web: www.pleasure-fp7.com
RFID F2F (From Farm to Fork - CIP Pilot actions)

RFID (radio frequency identification) technology enables all the details of a food history to be automatically gathered and stored on a database, including information about origin, processing, storage conditions and transportation. Information made available in an electronic format follows existing and established world standards, turning the solution attractive to potential users around the Europe. As part of the dissemination activities led by Treviso Tecnologia, the project participated to Anuga FoodTec in March 2012, Cologne, as exhibitor in the researchers’ corner.

The aim of this event was to disseminate RFID F2F not only as a project but above all a system of interest to the food industries. The main target audience of the event were companies from the food sector that could be early adopters. Two seminars were held by F2F partners at the Speakers’ Corner during the event. In both seminars, Professor Robert Newman, from the University of Wolverhampton’s School of Technology (Project Coordinator), presented the RFID F2F project and introduced some successful cases together with Piero Filippin (School of Technology at the UoW, UK), Prof Mira Trebar (University of Ljubljana, SLO) and Prof Dr Iñigo Cuíñas (University of Vigo, ES) from F2F partners pilot experiences. There are more than 15 pilots taking place with European SMEs in the food sector.

The project will end in the summer 2012 and a continuity plan is being discussed. Simone Bell (EuroFIR AISBL) contributed to the dissemination activities during the exhibition and attended the project continuity meeting. Videos, photos and presentations can be found on the project’s website: www.rfid-f2f.eu/detailsEvents.asp?id=1625.

DIETS2 (Thematics Network of Dietetics)

“Dietitians ensuring education, teaching and professional quality” is a 3-year project (October 2010 to September 2013)

Simone Bell (EuroFIR AISBL) gave an invited talk “Using Electronic Resources to Enhance Dietetic Practice – Is there any evidence for their effectiveness?” at the V DIETS conference in October 2011 in Barcelona. During the talk, the importance and usefulness of official, harmonised food composition data for dietitians were highlighted.

EuroFIR AISBL is drafting an agreement document for the regularisation of using the Open Platform, developed by JSI, Slovenia, by dietitians in the DIETS network and beyond. On a long-term basis, the system’s use by partners will contribute to development at content level.

In general, the participation of EuroFIR AISBL in the DIETS network contributes to the better understanding of dietititians’ needs in their everyday working life. This helps EuroFIR AISBL to refine its products, which should also support dietitians in their work. Food composition information can be used for dietary assessment, menu and recipe calculation, advising patients and their families on nutritional principles and serve as reference during the daily work.

Additionally, EuroFIR AISBL is task leader in the development of a database of materials for enquiry based teaching. The database is being developed with Topshare and the first version is now being tested within the Network.

Web: www.thematicnetworkdietetics.eu
Total Diet Study Exposure

TDS-Exposure is a four-year FP7-funded Collaborative (Research) Project with 26 partners from 19 countries, and led by Agence nationale de sécurité sanitaire de l'alimentation, de l'environnement et du travail (ANSES, FR).

Total diet studies complement traditional monitoring and surveillance by providing a scientific basis for population dietary exposure to nutrients and non-nutrients including contaminants, and potential impact on public health.

Food selection is based on (national) consumption data, prepared as consumed, and data from related foods pooled prior to analysis. TDS-Exposure will focus on exposure to food contaminants including heavy metals, mycotoxins and persistent organic pollutants (POPs, e.g. polychlorinated biphenols), which pose a risk to human health and the environment, and estimate chronic exposure to pesticide residues in food as well as food additives intake. However, exposure will be based on whole diets, as consumed, rather than contamination of raw commodities, resulting in a more realistic measure of exposure to potentially harmful compounds than currently available.

TDS facilitate risk assessment and health monitoring, but some EU Member States and Candidate Countries do not have TDS programmes or use a variety of methods to collect data, and it is not clear whether data are comparable. It is important to harmonise methods for dietary exposure risks worldwide, and TDS-Exposure will standardise methods for food sampling, analyses, exposure assessment calculations and modelling, priority foods, and selection of chemical contaminants. In the process, a variety of approaches and methods for sampling and analyses will be assessed, and best practice defined. Contaminants and foods that contribute most to total exposure in Europe will also be established.

In addition, TDS-Exposure will provide training for those countries without total diet studies, enabling best practice in the creation and execution of TDS programmes in those regions lacking such population studies, and ensuring the data collected are coherent with others studies globally. Information about these and existing European TDS will be published to promote better handling of dietary exposure data, and establish a legacy of harmonised methods and science-based recommendations for public health worldwide.

For further information visit: www.tds-exposure.eu
PlantLIBRA (Plant food supplements)

PlantLIBRA aims to foster the safe use of food supplements containing plant or botanical preparations by increasing science-based decision-making by regulators and food chain operators. To make informed decisions, competent authorities and food businesses need more quality-assured and accessible information and better tools (ePlantLIBRA). PlantLIBRA is structured to develop, validate and disseminate data and methods for risk and benefit assessment and implement sustainable international cooperation.

ePlantLIBRA is the name of a database, which is based on the existing content and structure of eBASIS together with addition of PFS. This will provide a unique comprehensive resource on PFS for expert users including scientists, epidemiologists, health professionals, health educators, food industry professionals, food regulatory authorities and policy makers providing a valuable resource for the investigation of PFS and health relationships.

The ePlantLIBRA database system will include:
- Compositional data
- Inherent compounds
- Contaminants/residues
- Bioeffects data: beneficial and adverse
- Bibliographic information
- PFS information: claimed effect, ingredients, active substances, target group, contraindications
- Plant information: scientific name, 16 languages and part used
- Photos

The first cycle of usability testing will start soon, where project partners, data evaluators as well as stakeholders will be invited to test and provide feedback on the database. Please contact Simone Bell at sb@eurofir.org, if you would like to be involved.

Web: www.plantlibra.eu

03: European Food Safety Authority (EFSA)

Updated food composition database for nutrient intake

EuroFIR AISBL, together with the Institute of Food Research (IFR; project leader) and other partners, has been successful in tendering for a project to support the EFSA Dietary and Chemical Monitoring Unit, which collects and collates consumption and chemical occurrence data for risk assessment purposes.

EFSA requires an updated food composition dataset to cover both foods and supplements and to link the data to existing food consumption information for calculation of intake and exposure. This requirement will enable EFSA to evaluate nutrient composition of European foods and estimate nutrient intake patterns in Europe and to respond to information requests from the Commission.

The overall objective of the project is to provide EFSA with an updated food composition database covering approximately 2,000 foods included in the EFSA food classification system and to expand the dataset to include harmonised information on the most common composite recipes of European countries and on dietary supplements.

The project will assemble and provide the most recent information on macro-nutrients and other dietary compounds with EFSA’s food classification and description system FoodEX. The planned database of the most common European composite dishes will include food name, ingredient list, quantification of raw ingredients and recipe handling procedures.

The supplement database will contain information on the most commonly sold vitamin, mineral and other dietary supplements. Harmonised and standardised rules will be applied for the compilation of each database (nutrient composition, composite dishes, and supplements).

IFR is the project leader and will manage the project, chair the Steering Group and compile and deliver the UK data. EuroFIR AISBL will act as member of the Steering Group, and will be responsible for coordinating data transfer between national datasets, the EuroFIR eSearch platform and FoodCASE data management software. EuroFIR AISBL will also coordinate collection of data held outside EuroFIR eSearch including data held in eBasis and other databases.
04: Past events

9th International Food Data Conference (IFDC)
September 2011 - Norwich, UK

The 9th IFDC was jointly organised by EuroFIR and FAO INFOODS. The topic of the conference was Food Composition and Sustainable Diets and featured a number of high-profile talks. The conference was chaired by Paul Finglas, Research Leader at the Institute of Food Research (IFR), together with Professor David Boxer, Director of IFR, and Dr Barbara Burlingame from the Food and Agricultural Organization of the United Nations he opened the 9th IFDC.

In the opening ceremony, Professor Heather Greenfield was presented with the Nevin Scrimshaw Award in recognition of her lifetime work and achievements in the area of food composition.

Key note addresses of the conference were given by Professor Judith Buttriss, Director General of the British Nutrition Foundation, and Dr Paul Burrows from the Biotechnology and Biological Sciences Research Council.

Topics of the conference included Food composition, biodiversity and sustainable diets; Challenges for trade, labeling and health claims; Traditional and ethnic foods for sustainability and health; Database developments and new tools; New emerging methods; and Update on dietary fibre methodology. The final four sessions of the conference were dedicated to current national and regional activities in food composition. Altogether, the conference was a great success and saw a large number of high-profile speakers give an update on various topics. The proceedings will be published in a special issue of Food Chemistry.

The poster award was presented to the winners by Professor Heather Greenfield

- Dr Cornelia Witthöft on behalf of Anders Staffas from the National Food Agency, Uppsala, Sweden
- Dr Kunchit Judprasong from the Institute of Nutrition, Mahidol University, Thailand
- Dr Norma Sammán from the Institute of Biological Research, Argentina
- Lourdes Samaniego-Vaesken from the San Pablo-CE University, Madrid, Spain
December 2011
18th ISFE Symposium, Vienna, Austria

ISFE is an International Foundation for the Promotion of Nutrition Research and Nutrition Education. Every two years, this independent scientific foundation holds an international symposium, which deals with a contemporary topic in nutrition. Participants include scientists, doctors, nutrition specialists, representative of public health bodies, politicians, business people and representatives of the media from all over the world.

Simone Bell (EuroFIR AISBL) gave an invited talk at the 18th ISFE symposium on Diet Quality, which took place at the University of Vienna. She focussed on the contribution of EuroFIR also in the future to diet quality as well as food and health activities in Europe and beyond.

February 2012
The International Conference on Drug Discovery, Beijing, China

Paul Finglas (IFR) was one of five international speakers at "The International Conference on Drug Discovery from Chinese Medicinal Plants and Sustainable Use of Chinese Medicinal Plants" held in Beijing, December 2011. The conference was organized by the Professional Committee of Chinese Material Medica, World Federation of Chinese Medicine Societies and the Institute of Medicinal Plant Development (IMPLAD, one of the PlantLIBRA partners).

Paul gave a talk on the overall objectives and activities of PlantLIBRA, the development and use of the ePlantLIBRA database for bioactives compounds in plant food supplements from botanicals and herbal extracts. Whilst in China Paul also visited Profs Shi-Lin Chen and Qi Chang, IMPLAD, and Prof Yuexin Yang, National Institute of Nutrition and Food Safety, Beijing (current national food database compiler in China) to discuss collaboration and potential training/exchange with EuroFIR and its members.

March 2012
36th National Nutrient Databank Conference
Houston, USA

Paul Finglas (IFR) attended the recent 36th NNDC in Houston and presented his invited talk “Towards the European Food Composition Data Interchange Platform supporting Food and Health Research in Europe”.

Jayne Ireland (DFI, Denmark) and Carine Seeuws (Nubel, Belgium) also attended. Jayne Ireland gave a talk on “US, Canadian and Australian datasets through foreign eyes” and Carine Seeuws presented a poster on “Nubel food planner for professional use and screening on malnutrition”. Abstracts for both oral and poster presentations will be available on the EuroFIR website.
Our staff & members will be promoting EuroFIR AISBL at some of the following events

May 2012
- 8th International Conference on Diet and Activity Method
  14-17 May
  FAO, Rome, Italy

- 2nd International Vitamin Conference
  Vitamins in foods and supplements - analytical challenges in human nutrition
  23-25 May
  Copenhagen, Denmark

August 2012
- 16th World Congress of Food Science & Technology
  Food Technology Challenges for the 21st Century
  5-9 August
  Foz do Iguaçu, Brazil

- 12th International NUTRITION & DIAGNOSTICS Conference
  27-30 August, 2012
  Carolinum – Charles University, Prague, Czech Republic

October 2012
- 2nd International Advanced Course - Exposure Assessment in Nutrition Research
  Graduate School VLAG/Division of Human Nutrition of Wageningen University,
  27 - 30 August 2012
  Wageningen, the Netherlands

- 11th International Postgraduate Course on the Production and Use of Food Composition Data in Nutrition
  7 - 17 October, 2012
  Gebze-Kocaeli, Turkey

Updates on members publications

Earlier this year a paper entitled Nutrient analysis explained for non-chemists by using interactive e-learning material was published in the Journal of Food Composition and Analysis. This paper describes the interactive e-learning module entitled “Nutrient Analysis for Non-chemists”, which was developed by a group of experts in EuroFIR. The e-learning module described in this paper contains a large variety of interactive exercises, animations and background information. The following four topics or cases were elaborated: fats and fatty acids, proteins and amino acids, carbohydrates and fiber, and elements. In diverse educational settings, the module was evaluated by postgraduate participants with an overall score of 4.5 on a 5-point scale.

A paper on Compilation of food composition data sets: an analysis of user needs through the Use Case approach was published in the European Journal of Clinical Nutrition in June 2011. The objective of the analysis was to identify common requirements of users involved in food composition datasets’ compilation. The authors of the publication found food composition data serve a variety of purposes, and different user groups often have both common needs and more individual or specific needs of their data sets. Application of the Use Case approach to support the software development activities within EuroFIR will ensure user needs are effectively identified and captured in a systematic and documented way.

Turkish EuroFIR partner TUBITAK published two papers about the Turkish food composition database. The first on Establishing a food composition database for Turkey based on European standards was published in Nutrition Bulletin. The second paper was published in the British Food Journal: A Pilot Study on Food Composition of Five Turkish Traditional Foods.

Speakers from the 9th International Food Data Conference, held in September 2011 in Norwich, UK, have been invited to submit papers based on their talks, which will be published in a special issue of Food Chemistry.
06: Membership status and news from members

EuroFIR AISBL’s membership has increased to 80 members including 26 food composition data compiler organisations from Europe, Australia and Canada, research institutes, universities, small and medium enterprises, together with individual researchers and students in the food and nutrition field. The detailed list of members is available on the EuroFIR website: www.eurofir.org/eurofir_aisbl/eurofir_aisbl_people/current_members.

News from members

The Norwegian Food Safety Authority (NFSA)

The Norwegian food composition database has been updated and a new release has been available online since March 2012 with new design and technical upgrade. Information on several new foods and updated component and energy values for existing foods are available. The new updated version has 131 new food items, while 338 food items have been updated and 14 food items were deleted. Most food items are also indexed with LanguaL thesaurus and food names are available in English. The format of the updated FCDB is also compatible for presentation on Apple iPad and smart phones.

Web in English: http://www.matvaretabellen.no/?language=en

Congratulations...

... to Jayne Ireland and Anders Møller
DFI, Denmark

The EuroFIR AISBL honoury membership was awarded for the first time to Jayne Ireland and Anders Møller from Danish Food Information, in appreciation and gratitude to their many years and efforts to the field of food composition as well as helping to establish the association in 2009.

... to Professor Antonia Trichopoulou

On October 29th, 2011, Professor Antonia Trichopoulou was honored with the highest distinction of the Federation of the European Nutrition Societies (FENS). The award is presented every four years to a scientist with research contributions of international acclaim in the field of nutrition and its relation to health. The award was presented in the context of the 11th International Conference of the Federation, held in Madrid.

... to our office manager Menouch Solimani

We are glad to announce the birth of Menouch’s first son Dimitrios! He was born on December 7, 2011 in Brussels, Belgium. Dimitrios and his parents are healthy and happy!
New Zealand Food Composition Data

The new website for New Zealand Food Composition Database: www.foodcomposition.co.nz

Previously products such as the FOODfiles were available for a royalty on CD and the Concise Tables as a printed publication. Users are now able to freely access the products online via the new website once registered and logged in.

FOODfiles, which is a subset of the New Zealand Food Composition Database is ideal for integration into existing database management systems or other data manipulation software.


The Concise New Zealand Food Composition Tables provides information from the New Zealand Food Composition Database in PDF format. The Concise Tables contain data on commonly consumed foods and is ideal for quick reference. The latest version, The Concise New Zealand Food Composition Tables 8th Edition contains data for 32 components in more than 900 foods. Nutrient information is based on both a 100g edible portion and one or more common standard servings.

The Nutrition Information Panel (NIP) database is an online tool that is designed to assist food manufacturers in estimating NIPs for their products and presents seven core nutrients for more than 2,700 foods and ingredients.

PortFIR Annual meeting held at INSA

The 4th Annual PortFIR meeting was held on 27 October, an initiative of the Food and Nutrition Department of the National Institute of Health Dr. Ricardo Jorge (INSA), Portugal.

The PortFIR program (Food Information Portal), inspired by the EuroFIR European Network, aims to implement Portuguese networks sharing knowledge in food safety and nutrition and, furthermore, develop a portal including sustainable databases with an implemented quality system on food composition, food contamination and food consumption.

The event involved more than 100 participants including members of the food composition and food microbiological networks, healthcare providers, laboratories, academic and scientific communities, food industry and food distributors.

The meeting focused on the theme “Information Management for Food Safety and Nutrition”, and consisted of plenary sessions presented by Paul Finglas (EuroFIR AISBL), Elena Mazzolini (EFSA’s Biological Monitoring Unit) and Valeriu Curtui (EFSA’s Dietary and Chemical Monitoring Unit) covering food information management at a European level in the areas of food composition and food microbiological and chemical contamination. Paul Finglas shared the latest updates on the Association and what is to come at the European Food Composition Data Interchange Platform.

PortFIR’s results from the last year and preparation of the forthcoming work were also presented.

Centred on scientific and knowledge dissemination, the PortFIR event proposed a poster competition for all with an interest in the field. The jury for the poster competition awarded first place to: “Salmonella enteric serotype 4,[5],12c:-,an emergent danger in food safety” a work developed by Joana Mourão.

All presentations at: www.insa.pt/sites/INSA/Portugues/ComInf/Noticias/Paginas/Resumos4ReuniaoAnualPortFIR.aspx

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PortFIR Annual meeting held at INSA

The 4th Annual PortFIR meeting was held on 27 October, an initiative of the Food and Nutrition Department of the National Institute of Health Dr. Ricardo Jorge (INSA), Portugal.

The PortFIR program (Food Information Portal), inspired by the EuroFIR European Network, aims to implement Portuguese networks sharing knowledge in food safety and nutrition and, furthermore, develop a portal including sustainable databases with an implemented quality system on food composition, food contamination and food consumption.

The event involved more than 100 participants including members of the food composition and food microbiological networks, healthcare providers, laboratories, academic and scientific communities, food industry and food distributors.

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Development of new tools for assessing nutrient intake

Nubel is planning to develop tools on nutrition, identify stakeholders and users of internet-based food composition database systems as well as to disseminate this information in Europe and beyond.

Nubel food planner was presented at the “Nutrition and Health congress” on the 18-19th of November 2011 in Brussels and on the 25-28th of March 2012 as a poster presentation at the 36th Annual National Nutrient Databank Conference in Houston Texas.

Nubel food planner is an internet-based software program (www.nubel.be) based on the Belgian Food composition database to calculate the nutrient intake of different user-groups.

This program was developed for schoolchildren to calculate their nutritional intake and to motivate them to engage in physical activity. The program includes all daily activities, from sports to leisure activities and calculates energy expenditure at the end of the day.

Nubel’s Food Planner contains more than 5,500 product brand names. It allows the user to create a detailed diet history, to calculate the energy intake and to compare the results with nutritional recommendations. The professional version offers all the functionalities of the normal food planner but is enhanced with two important tools: a patient management system and screening tests (MNA, NRS, MUST) to monitor any risk of malnutrition, for example in hospitals and nursing homes.

Nubel aims to inform users about a healthy lifestyle by encouraging them to follow a healthy balanced diet including physical activity in their daily lives and help them achieve a stable balance between energy intake and energy consumption.
The e-books are a joint production of EuroFIR AISBL as publisher and the national compiler organisations as content provider.

This collaboration enables presenting the tables in both the country’s national language and in English, allowing an easy cross national use of the tables. All e-books will be brought to readers as fully searchable PDF files and structured identically: background information about the food composition table followed by the tables, which are sorted alphabetically.

The e-books Collection is intended to complement existing formats for food composition tables such as printed and online tables but with the added value of being accessible without an Internet connection or of carrying and using large books. The standardised and best available content is provided in a user-friendly format and can be easily used to build up a personal library on food composition tables, according to individual need.

We are convinced that we are delivering an innovative and useful work of reference in the field of food information and hope that all users will enjoy it.

Available e-books:
- The Greek Food Composition Dataset by Hellenic Health Foundation
- The Irish Food Composition Dataset by University College Cork

Coming soon:
- The Slovak Food Composition Dataset by Food Research Institute
- The Swedish Food Composition Dataset by National Food Agency

The e-books are available for sale at: www.eurofir.org/why_join/shop

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